



# Wellness Webinars



## ALL CLIENT WELLNESS WEBINARS

**6:00AM, 8:30AM & 11:00AM AKT**

**REGISTER AT:** <https://go.activehealth.com/wellness-webinars>

<b>JANUARY 26</b>	<b>GO DIGITAL, GO HEALTHY</b>
<b>MARCH 15</b>	<b>SUPERFOODS 101: UNDERSTANDING THE BASICS</b>
<b>MAY 17</b>	<b>SECRETS TO STAYING ACTIVE</b>
<b>JULY 19</b>	<b>THE BUZZ ABOUT BONES</b>
<b>SEPTEMBER 20</b>	<b>FALL IN LOVE WITH VEGGIES</b>
<b>NOVEMBER 15</b>	<b>IT'S A GUYS THING</b>

## ALASKACARE WELLNESS WEBINARS

**5:30AM, 9:30AM & 12:30PM AKT**

**REGISTER AT:** [https://activehealth.webex.com/alaskacare\\_webinar](https://activehealth.webex.com/alaskacare_webinar)

<b>FEBRUARY 3</b>	<b>CONTROLLING YOUR BLOOD PRESSURE</b>
<b>APRIL 6</b>	<b>RESILIENCE: BOUNCING BACK</b>
<b>JUNE 8</b>	<b>PREVENTATIVE POSTURE</b>
<b>AUGUST 3</b>	<b>HEALTHY MIND, HEALTHY BODY</b>
<b>OCTOBER 5</b>	<b>WOMEN'S HEALTH</b>
<b>DECEMBER 7</b>	<b>THE GIFT OF HEALTH: HEALTHY HOLIDAYS</b>

